

MCAAE Meeting Summary (Revised)

December 8, 2011

2011 Year in Review

- 1) MCAAE members successfully launched a Facebook page in **January** which currently has over 200 followers.
- 2) Conducted a successful workshop in **February** for African American clergy for the purpose of informing them about the availability of services for older adults and people with disabilities in King County. The format included presentations by:

Cynthia Andrews – The Role of the Senior Center & Older African Americans

Margaret Boddie – Benefits of the African American Elders Program

Karen Kent – Behavioral Health & Substance Abuse

Rowena Rye – Getting the Answers You Need about Alzheimer's disease

- 3) MCAAE members participated in **Senior Lobby Day – February 2011**.
- 4) Provided input for the development of the HSD Strategic Plan planning process.
- 5) Organized the **3rd Annual Legislative Community Forum** in **July 2010**. This year's forum included candidates running for City and County. Almost 80 seniors and community members attended.
- 6) Coordinated the **2nd Annual MCAAE Grandparents Day Recognition** in **September**.
- 7) MCAAE members participated on the planning committee for the **2011 African American Caregivers Forum**, sponsored by the Alzheimer's Association in **October**.
- 8) MCAAE members contributed seven articles to **Seniors Digest** during 2011:
January: Getting the Answers You Need About Alzheimer's Disease, by **Rowena Rye**.
April: The Defining Years, by **Cynthia Andrews**.
June: Lifestyle Changes=Fun Foods for the Summer, by **Gwendolyn Coates**.
August: Managing Caregiver Stress, by **Karen Kent**
September: Advocating For Those Who Are Not In A Position to Speak Their Truth Directly, by **Helen Sikov**
October: Get Moving: The countless benefits of physical activity on health and wellbeing, by **Jeannine Skinner**.
November: What's All This Talk about Patient-Centered Medical Homes?, by **Kameka Brown**.

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Special Recognition (Current Members)

Cynthia Andrews

- Member of the Website Development Committee
- Participated in the Clergy Workshop
- Helped coordinate the 3rd Annual Candidates Forum at the “Central.”
- Participated in a meeting with Rep. Pettigrew to advocate on behalf of our seniors
- Seniors Digest contributor
- Participated on the Nominations Committee

Kameka Brown

- Seniors Digest contributor on behalf of the MCAAE
- Participated on the Nominations Committee

Carolyn Johnson Davis

- Provided valuable advocacy on behalf of older African Americans

Karen Kent

- Member of the Education Committee
- Participated in the Clergy Workshop
- Seniors Digest contributor on behalf of the MCAAE
- Participated on the Nominations Committee

Marti Lindeman

- Chair of the Website Development Committee
- She advised on the content for the MCAAE website and Facebook page.
- Was the lead for coordinating the 3rd Annual Candidates Forum

Michael Lusk

- Chair of the Outreach, Education & Community Engagement
- Advocated on behalf of African American kinship care providers.
- Provided input for the HSD Strategic Plan planning process.
- Nominations Committee member
- Presented a Certificate of Recognition to the Southeast Seattle Senior Center for Grandparents Day.

Helen Sikov

- Provided valuable input regarding the needs of frail, institutionalized older African Americans and their families
- Participated in a meeting with Rep. Eileen Cody to advocate on behalf of our seniors
- Assisted with coordinating the 3rd Annual Candidates Forum

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Jeannine Skinner

- Participated on the Nominations Committee
- Seniors Digest contributor on behalf of the MCAAE

Special Recognition (Members who ended their terms before they expired)

(Note: Invited but may or may not attend)

Rowena Rye

- Was a member of the Outreach and Community Engagement Committee
- Participated in the Clergy Workshop
- She also assisted with coordinating the Clergy Workshop

Anthony Shoecraft

- 2010 Vice Chair (and re-elected to serve a 2nd term)
- Chair of the Legislative Advocacy Committee
- Lead for the 2nd Annual Legislative Community Breakfast, and instrumental in getting Mayor Mike McGinn to attend

Rose Floyd

- Member of the Education Committee
- Initiated the 1st Annual Grandparents Day recognition
- Seniors Digest contributor on behalf of the MCAAE
- Assisted with coordinating the 1st Annual Grandparents Day recognition

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Taken December 8, 2011 at the MCAAE Meet & Greet / December Meeting